

Behavioral Health is Essential To Health



Prevention Works


Treatment is Effective

People Recover

Disclaimer

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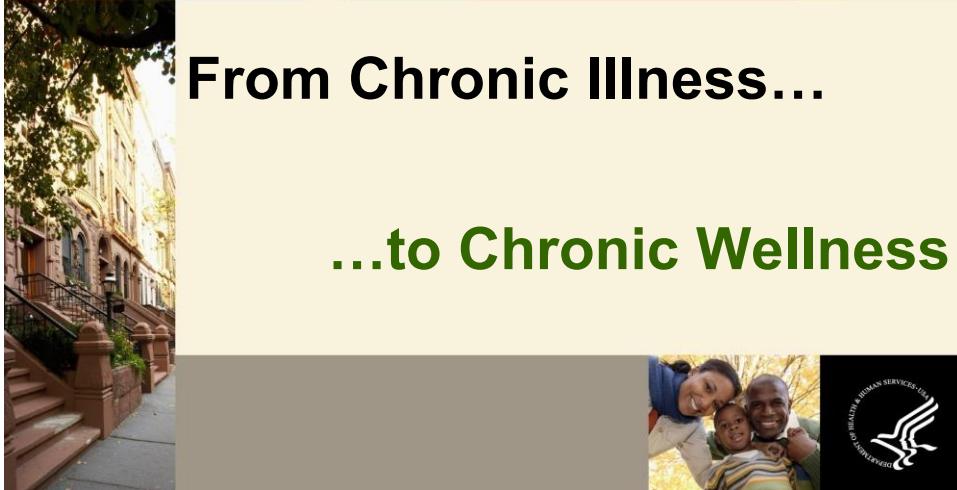




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From Chronic Illness...

...to Chronic Wellness



3 M's

- **Migraine**
- **Mental Illness**
- **Multiple Sclerosis**



My peers are dying

- Carol (67)
- Jim (65)
- Eldon (63)
- Carol (62)
- Phebia (60)
- Joy (60)
- Patty (58)
- Charles (54)
- Kathleen (57)
- Rick (53)
- Jen (51)



WHY???

- **Chronic Physical Conditions**
 - Cardiovascular
 - Respiratory
 - Metabolic conditions
- **Health Risk Conditions**
 - Tobacco use/smoking
 - Obesity
 - Lack of exercise



No, really... WHY???

- Unworthy
- What symptoms?
- Psychiatrist lost his stethoscope
- 50's-style integration
- Negative predictions



Words Matter

NEVER



Words Matter

YET

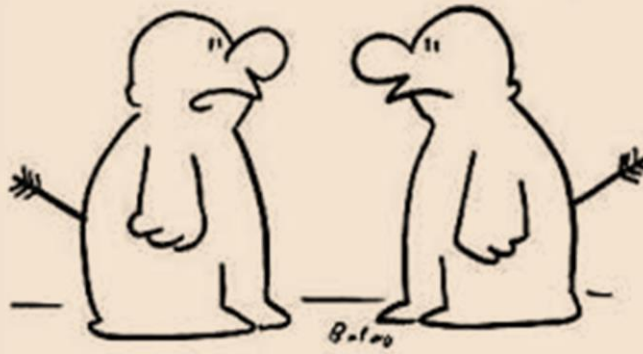


Lived Experience Approach

- **Positive self-disclosure**
- **Role-modeling**
- **Unique nature of the relationship**
 - Trust
 - Understanding
 - Empathy



Lived Experience Approach



"I know exactly how you feel."



Research Outcomes

Decreased	Increased
Hospitalizations	Control
Days Inpatient	Hope
Substance Use	Engagement
Symptoms	Self-Care



Peer Wellness Specialists


- Hope & self-care
- Engagement & activation
- Self-management skills & behaviors
- Health promotion & health literacy
- Whole health, wellness & resiliency






Chronic Wellness

- Whole Health Action Management
 - www.integration.samhsa.gov/health-wellness/wham
- Wellness Recovery Action Plan (WRAP)
 - www.mentalhealthrecovery.com
- Chronic Wellness Tools
 - www.chronicwellnesstools.com
- Chronic Wellness Summits Blog
 - www.chronicwellnesssummits.com







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Thank you!

~Be well!~



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